

# The Lifeline



JUNE 2015

24 Hour Phone: 651-227-5502

Volume 51, Issue 6

**Step Six: Were entirely ready to have God remove all these defects of character.**

## As long as I stay willing -

Step Six is about having the willingness to hand over my defects to God. After working Step Five with my sponsor, I asked myself if I was really ready for things to change. I had spent my entire life in a world of selfishness, dishonesty and fear. I had no idea how often I had been self-seeking and dishonest. I played the victim, blaming my environment, my childhood and other people--anything except the real problem, my self-centeredness. This insanity landed me in the hospital after trying to end my life. It was eye-opening to find the root of my troubles. I was miserable but I found comfort in the pain and it was all I could relate to. For me, drinking was a great validation for my self-hatred. It was the only answer I had.

Step Six represents to me the beginning of a drastic change in myself and a new perspective. Change is scary, even if it promises a better life. Yet in the beginning, I said I would go to any lengths, and my idea of living almost killed me.

I do not have the option of holding on to any of my defects. I must be willing to get rid of everything.

Taking these leaps of faith and trusting God has brought me much relief. I know that everything will fall into place as long as I stay willing.

- Dawn M., Watsonville, CA

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**Tradition Six: An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.**

In thinking about this Tradition I'm reminded of my friend George. In the fall of '94 I was on our local intergroup call list. Late one evening, I was asked to give George a call, as he might want help. George said that he had tried "AA" before but it had never worked--during several previous stays in treatment, he'd gone to meetings there. It was a great surprise to George when I said that most of those meetings were run by the facilities; they were not AA groups but a function of the treatment center or hospital. I said I would be glad to meet him and show him the program of recovery that worked for me--as outlined in our book *Alcoholics Anonymous*--and introduce him to an AA group.

Because of the amount of alcohol George had consumed, I suggested a medically supervised detox. After that, I agreed to meet him at my home group. Unexpectedly, I had to leave early so I arranged for George to be met by a fellow member, Jimmy D.--who became George's sponsor.

Eight years later, when Jimmy D. died, George talked about the wonderful way of life Jimmy had shared with him. George and I often reminisced about how he had given up hope of finding sobriety, and how he thought he had tried AA but had never been introduced to the program of recovery.

"While an AA group may cooperate with anyone, such cooperation ought never to go so far as affiliation or endorsement, actual or implied," AA's Sixth Tradition, long form, says. (AA's Third Tradition, long form, adds: "Any two or three alcoholics gathered together for sobriety may call themselves an AA group, provided that as a group they have no other affiliation.").

- Mike M. - Fort Wayne, IA

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**St. Paul Intergroup of Alcoholics Anonymous®**

Web Site: [www.aastpaul.org](http://www.aastpaul.org)

E-mail: [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org)

Fax: 651-290-0209

Office Hours: Monday through Friday — 9 AM to 6 PM; Saturday 9 AM to 1 PM

1600 University Avenue, W. Suite 214, St. Paul MN 55104

**Notes From Your Board...**

With the successful completion of the Spring Fling and Gopher State Roundup rapidly approaching, I can't help but reflect on how many opportunities there are in Alcoholics Anonymous to enjoy our fellowship. Whether it's roundups, the International Convention in Atlanta this summer, Intergroup's own events like the upcoming Open House in July, or just getting coffee after the meeting, there's never a need for an alcoholic to suffer alone in AA.

When I was still drinking, I felt very isolated and alone. And even when I started attending meetings, I was nervous to talk to people I didn't know or go to events without a buddy. The longer I am sober, the more I see that I am welcome anywhere that Alcoholics Anonymous meets, whether I know anyone or not. I've learned from others in this program to get involved in service when I feel lost in the crowd. I've met dozens of people greeting and setting up literature tables, and had a great time getting to them and share in service together. I've learned that I do not need to be alone; I just need to take that first step in reaching out to others.

Sometimes, I still catch myself sitting in the corner waiting for the fellowship to come to me. When I do, I remember that old adage "When you're feeling left out, reach out," and I find a way to be of service, even if it's just saying hello to the newcomer. If you're feeling on the outs and looking for ways to get back into AA, I encourage you to look for ways to be of service in Alcoholics Anonymous. The Intergroup office is always looking for volunteers, and we have lots of great events throughout the year where you can meet fellow AA members. Stop by the St Paul Intergroup hospitality suite at Gopher State and say hi! We'll have the coffee on, and the door wide open.

Hillary B.—Member at Large

**Notes From your Central Office...**

Your Intergroup office is in at least two major construction zones right now, so please be advised you may need to adjust your route to arrive here.

Snelling Avenue is being rebuilt this summer between Selby Avenue and the Fairgrounds. The Snelling Avenue bridge over the I-94 freeway is closed, as is the exit onto Snelling from westbound I-94. As I write this, eastbound traffic on 94 can still exit to northbound Snelling, but that may change in the months ahead. There will certainly be land closures and other traffic disruptions on this stretch of Snelling itself, and these will change over time.

Our building is also a construction zone. The Spruce Tree Centre is undergoing a major renovation with a two million dollar budget. The first floor is being completely redone, and some redecorating is occurring on the other floors too.

We, of course, will be keeping the office open from nine to six weekdays and nine to one on Saturdays throughout all this. If you are heading into the office, you may wish to call us for updates and route suggestions.

-Thanks St. Paul Area AA!

<u>2015 Steering Board</u>		<u>Office Calls in APRIL 2015</u>	
<u>Chair:</u>	Tim B.	Meeting information	93
<u>Alt. Chair:</u>	Sandy K.	Inventory/hours	21
<u>Secretary:</u>	Scott L.	12th Step calls	4
<u>Treasurer:</u>	John M.	Temporary sponsor	21
<u>Alt. Treasurer</u>	Joe W.	Speaker request	7
<u>Members at Large 2015:</u>	Hillary B. & Paul T.	Special events	3
<u>Members at Large 2016:</u>	Jestine M. & Mike C.	Outside issues	13
<u>Advisor to the Board:</u>	Christa W.	Info for professionals	3
		Administrative	90
		Other	59
		<b>Total Calls</b>	<b>314</b>
		<b>Daily average</b>	<b>14.3+</b>
		Visitors	271

# UPCOMING A.A. EVENTS!!

**15th Annual Midwest Motorcycle Alcoholics Anonymous Convention  
"Attitude of Gratitude"**

Winnebago County Fairgrounds  
500 West First Main St., Pecatonica, IL  
**Friday, June 5th - Sunday, June 7th**  
For more info: [www.MMAAC.org](http://www.MMAAC.org)

**80th Anniversary of Alcoholics Anonymous  
Founder's Day Weekend**

Hosted by the Akron Area Intergroup Council  
Akron, Ohio  
**Friday, June 12th - Sunday, June 14th**  
For more info: [www.akronaa.org](http://www.akronaa.org)

**Southern Minnesota Area 36 Area Assembly**

New Ulm Community Center  
New Ulm, MN  
**Saturday, June 27th - 9:00 AM—5:00 PM**  
For more info: [www.area36.org](http://www.area36.org)

**2015 International Convention  
Alcoholic Anonymous  
80 years—Happy, Joyous and Free**  
Atlanta, Georgia,  
**Thursday, July 2nd - Sunday, July 5th**  
For more info: [www.aa.org](http://www.aa.org)

**The Fourteenth Annual Empty Chair Men's Retreat**

Camp Knutson  
Cross Lake, MN  
**Friday, August 23rd - Sunday, August 25th**  
For more info call: Jamie M. 612-227-9747

**2015 West Central Regional Forum**  
Parkway Plaza Hotel & Conference Center  
123 West E Street  
Casper, WY  
**Friday, August 23rd - Sunday, August 25th**  
More info: [www.area36.org](http://www.area36.org)

**Group and Area News**

**New Group:** The *Solid Ground* group began meeting Tuesdays, 5:30PM in the Fellowship Hall of Saint Philip's Lutheran Church, 6180 Central Avenue North, Fridley - 55432 (Central Ave AKA Hwy 65 N). the group host a Closed, Women's only, 12 & 12 meeting.

**New Location:** On May 4th, the *Third Edition* group moved to the Jehovah Lutheran Church, 1566 Thomas Avenue, St. Paul - 55104 (enter on Thomas just west of the church parking lot). The group meets Mondays at 7:30PM for 90 minutes. They are a Closed, Big Book, Mixed & All-Ages meeting.

**New Meeting:** The *11 West Bernard* group has added a Sunday 8:00PM, Closed, Big Book, Mixed & All-Ages meeting to their schedule. The group meets at the Salem Lutheran Church, 11 West Bernard St., West St. Paul - 55118 (At Humbolt, 3 blocks west of Robert Street).

**Fourth Step & Big Book Workshops**

**By The Book 4th Step Workshop**

Wednesdays,  
~6:30PM - 7:45PM ~  
2218 1st Ave, Minneapolis, MN 55404  
For more info: [www.aabythebook.org](http://www.aabythebook.org)

**Your News?**

We invite you to share your AA news here! Please send your items to [lifeline@aastpaul.org](mailto:lifeline@aastpaul.org). We look forward to hearing from you.



**St. Paul Intergroup Annual Open House**  
**Saturday, July 11th, 11AM - 3PM**

~ Please stop by ~  
We'll have BBQ (veggie too!), Coffee, Pop, Water, Treats & lots of Good Fellowship!!



**The Spruce Tree Building RAMP - 1600 University Avenue W.**

**St. Paul Area Intergroup Representatives' Meeting Minutes APRIL 21st, 2015**

- I. Opened with the Serenity Prayer, introductions, and the reading of the Primary Purpose of Intergroup. 2. Minutes from March were reviewed and approved. Peter O motioned and Terry H seconded.
3. Treasurer's Report, John M gave the treasurer's report. Bank account total is \$34,577 and prudent reserve is \$45,003. Overall there was a net income decrease of \$127. Contact John M at [treasurer@aastpaul.org](mailto:treasurer@aastpaul.org)
4. The Office Report, Spring Fling was successful. MNYPAA Conference 4/10-12, participants were appreciative but we did not sell a lot of literature. 30 groups and 19 Faithful Fivers contributed. Contact Frank N at [manager@aastpaul.org](mailto:manager@aastpaul.org)
5. The Website Report, Added 1 group and 4 meetings in March. 696 regular weekly meetings. Service opportunities and Night Owl opportunities are available on the website, see website for guidelines on posting events. Contact Jonathan at [webservant@aastpaul.org](mailto:webservant@aastpaul.org)
6. Outreach Program, need volunteers to visit meetings never visited. Contact Jestine M at [outreach@aastpaul.org](mailto:outreach@aastpaul.org) 7. Update from the Board, Sandy K, need ideas for possible revision to Lifeline format to increase readership 8. Night Owl Report, two or three coordinator positions open, Night Owl Orientation is held every third Saturday at 10 a.m. in the Office. Please check the website for open shifts. Contact Dan S at 612-328-3444.
9. Liaison Reports, District 8, Leslie D, Su 4/26 committee chairs meeting on ways to reach the still suffering alcoholic, District 15, Julie H, revising finances, looking for people to provide oral histories for archives, District 19, Dan R, getting people involved in General Service and other outreach, Hastings Detox has openings, Delegates report with District 7, Sa 5/11, 6 pm, see website for details.
10. Upcoming Intergroup Events, Gopher State, 5/22-24, volunteers needed for the hospitality suite, sign-up sheet is available, still have openings, Open House, Sa 7/11, BBQ and office is open for visiting, Ice Cream Social, Sa 8/22, 4 pm, Recovery Church, need 6-8 old-timer speakers with 25 years or more of sobriety.
11. Old Business, none
12. New Business, Reps please remember to sign the attendance book up front, Gopher State Roundup needs volunteers, small mass-printed meeting directories may not be able to be updated in a timely fashion, Terry H notes that people he's asked like the format of the St. Paul current meeting directory and that the format would not work in small, Dan R offered District to assist as they've a way to convert it.
13. Group AA Announcements
  - A. Up In Smoke meeting, Th nights, 8 pm, located at Golden Leaf at 277 West 7th Street
  - B. Third Edition Big Book Study, 7:30 pm, closed, mixed, will be moving to Jehovah Lutheran Church corner of Thomas Av and Snelling Av 4 blocks away
14. Suggestions for next month's agenda, none
15. Dave L volunteered to do the Grapevine Report for May
16. Roseanne J volunteered to review Concept V for May
17. Dan R volunteered for giving the Mock Rep Report for May
18. Closed with the Responsibility Statement.

**ATTENDANCE:**

Tim B., Board Chair	Sandy K., Alt. Chair	Scott L., Secretary	John M., Treasurer	Joe W., Alt. Treasurer	Hillary B., Member at Large
Jestine M., Member at Large	Mike C., Member at Large	Frank N., Office Manager	Jonathan L., Webservant	Jill J., Como Park BB	Leslie D., District 8
Julie H., District 15	Dan R., District 19	Rose Ann J., Fireside Women's	Terry H., The Firing Line	Bob Z., Gratitude in Action	Chris P., Happy, Joyous & Free
Muggsy A., Hole in the Doughnut	Karl T., Main Idea	Chris M., Maplewood Groups	James D., New Brighton Big Book	Dave L., No Time Like the Present	Chris D., OMD
Tony A., Rule 62	Cheryl B., Third Edition	Peter O., Up In Smoke	Drew L., West End		

**June MEETING: Tuesday the 16th, 2015 (7:30 PM)**  
 BETHLEHEM LUTHERAN CHURCH  
 436 Roy Street North, St. Paul, MN 55104

**7th Tradition  
Suggestions for Groups**

“Every group ought to be fully self-supporting, declining outside contributions.”

The Conference-approved pamphlet: “Self-Support: Where Money and Spirituality Mix” offers the following suggestions for the distribution of group funds after group expenses have been paid:

**50% St. Paul Intergroup**

Spruce Tree Center  
1600 University Ave. W.  
Suite 214  
St. Paul, MN 55104

**30% General Service Office**

P.O. Box 459  
Grand Central Station  
New York, NY 10163

**10% Southern MN Area 36**

Area Assembly  
P.O. Box 2812  
Mpls., MN 55402

**10% District Committee**

Ramsey County:  
District 8, P.O. Box 131523  
St. Paul, MN 55113

Dakota County:  
District 19, P.O. Box 1466  
Burnsville, MN 55337

Washington County:  
District 15, P.O. Box 181  
Lake Elmo, MN 55042

SE Ramsey County:  
District 26, P.O. Box 75980  
St. Paul, MN 55175

**APRIL CONTRIBUTIONS**

Number of Group Contributors:	38
Total Group Contributions:	\$3977
Number of Faithful Fivers:	16
Total from Faithful Fivers:	\$210

**District Meetings**

**District 8 (Ramsey Co.)**

Fairview Community Center  
1910 Co. Rd B, Rm 108, Roseville  
3rd Wed., 7:30 PM

**District 15 (Wash. Co.)**

Christ Lutheran Church  
11194 N. 36th St., Lake Elmo  
4th Mon., 7:00 PM

**District 19 (Dakota Co.)**

Rosemount Community Center  
13885 South Robert Trail  
2nd Wed., 7:00 PM

**District 26 (SE Ramsey Co.)**

Grace Lutheran Church  
1730 Old Hudson Rd, St. Paul  
2nd Sun., 7:00PM  
www.district26-area36.org

**Thanks to all the super  
volunteers who helped in  
the Office during April**

Brian M., Burt K., Casey H.,  
Cathy D., Cathy T., Chris J.,  
Desiree H., Eliot K., Elliot Y.,  
Erik N., Frank D., Henry O.,  
Karl G., Isaac Z., Jim C.,  
Jimmy P., John V., Ken S.,  
Lisa B., Mary L., Mike B.,  
Natalie S., Paul L., Pat W.,  
Sam S., Steve H.,  
Steve W., Ty, Vin S.

**Thanks to all  
the NightOwl  
volunteers and  
groups as well!**



**Thanks to the groups that  
contributed in April  
2015**

- 12x12 By the Book
- Apple Valley Daily Reflections
- Baffled Lot - Lake Elmo
- Basic Text
- Center City Gratitude Group
- Como Park BB
- Cottage Grove
- Dakota AA Sat. AM
- Fireside Women's BB Group
- Forest Lake Alano
- Happy Hour 12 & 12
- Happy Joyous and Free
- Highland Park Groups
- Highway 96er's Group
- Hole in the Donut Group
- Hugo Group
- Look to This Day
- Mendota St. Peter's Sat 9 AM
- Midway Club
- New Brighton Alano
- North Dale Group
- Not A Glum Lot -
- Oakdale Thursday Group
- Oasis Group - Apple Valley
- Pocketing Our Pride
- St. Croix Alano
- St. Stephen's Tuesday Group
- Stepsisters of Northfield
- Students of Life
- Third Tradition Northfield
- Una Luz en el Camino
- Uptown Club
- Valley Creek Monday
- Valley Creek Thurs Night
- White Bear Sat. AM Women's Group
- Women's 12 x 12 Study Monday
- Woodbury Primary Purpose
- Woodbury Serenity Sisters



**The Lifeline: Purpose Statement**

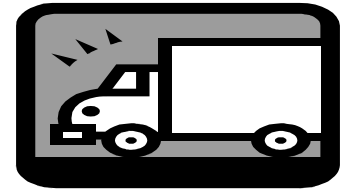
The Lifeline is the monthly newsletter of the St. Paul and Suburban Area Intergroup Association office of Alcoholics Anonymous. It is about, by, and for groups and members of the A.A. Fellowship. Opinions expressed herein are not to be attributed to A.A. as a whole, nor does publication of any article imply endorsement by either A.A. or Intergroup. We welcome articles on a Step, Tradition or Concept, or descriptions of personal experience. Please email your article to Lifeline@aastpaul.org, or send it by regular mail to Lifeline Editor, St. Paul Intergroup, 1600 University Avenue #214, St. Paul MN 55104. Materials or articles mailed to us cannot be returned unless accompanied by a self-addressed stamped envelope. Intergroup reserves the right to edit submissions for clarity, language, length and content that might violate A.A.'s Traditions, etc.

St. Paul Intergroup  
Spruce Tree Center  
1600 University Ave. W. Ste. 214  
St. Paul, MN 55104

Change Service Requested

Non-Profit  
Organization  
U.S. Postage  
**PAID**  
Twin Cities MN  
Permit No. 7451

Please let us know if your address changes one month ahead of time. It saves us the cost of return postage and enables you to get each issue of *The Lifeline*. Our mailing permit does not provide for mail forwarding. Thank you!



## St. Paul Intergroup *Faithful Fiver* - Enrollment Form

*Faithful Fivers* graciously contribute \$5.00 or more to St. Paul Intergroup each month to enable us to continue to carry A.A.'s vital message of Hope and Recovery to all who need and want it. Your contribution entitles you to a one-year subscription to *The Lifeline*. Contributions may be made annually, bi-annually, quarterly or monthly.

**~Yes! Please enroll me as a *Faithful Fiver* !**

### 1. Contact information:

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Phone Number \_\_\_\_\_  
Email \_\_\_\_\_

### 2. Amount & Frequency:

Amount: \$ \_\_\_\_\_  
Frequency: (check only one)  
 Monthly  Quarterly  Bi-Annually  Annually  
Start on \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Please send my receipt to my email address  
 Please send my receipt to my home/postal address  
 Please send my **Lifeline** to my **email** address instead

### 3. Choose a Payment Method:

Credit Card/Debit Card\*  
 Visa  MasterCard  
Card # \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Expiration Date: \_\_\_\_/\_\_\_\_  
Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

\*I authorize St. Paul Intergroup to automatically bill my account as specified (monthly, quarterly, etc.). I understand that I am free to cancel this authorization at any time by contacting Intergroup.

Check - Please make payable to:

**Saint Paul Intergroup**  
1600 University Ave W. - Suite 214  
Saint Paul, MN 55104